

Erg Workout #9

This is another fun erg workout, follow the guide below!

1. Using the guide below figure out what your target numbers are (for example if you weigh 150 lb, the first target is 150 minus 20% so that would be 120 watts , second target would be 150 minus 10% so that would be 135 watts, once you get to your body weight you will start adding percentages)
 2. Set the monitor for watts
 3. Set the monitor for intervals 20 seconds on 20 seconds off
 4. Be aware that you will be changing the damper settings (see on the far right of the form below)
- Repeat two times with a 5 minute rest between

Fun with Watts

20 seconds on x 20 seconds off
5 min rest between reps
2 reps

<u>Set</u>	<u>Body Weight (BW)</u>	<u>Damper Setting</u>
1	BW - 20% = _____	3
2	BW - 10% = _____	3
3	BW = _____	7
4	BW + 10% = _____	7
5	BW + 20% = _____	10
6	BW + 30% = _____	10
7	BW + 40% = _____	5
8	Max Effort = _____	1